



## Hoppin' John-Style Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



8 min.

SERVINGS



4

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8.8 ounce microwaveable brown rice cooked (such as Uncle Ben's Ready Rice)
- 15.8 ounce black-eyed peas rinsed drained canned
- 1 garlic clove minced
- 0.3 cup green onions finely chopped
- 2 teaspoons olive oil

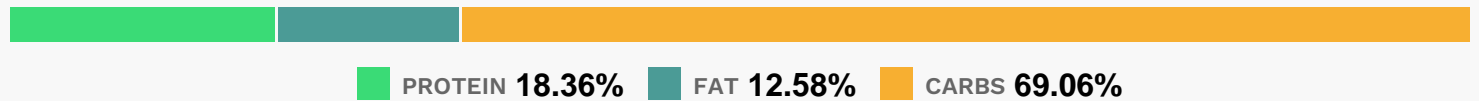
### Equipment

- frying pan
- microwave

## Directions

- Heat oil in a large nonstick skillet over medium-high heat; add onions and garlic. Saut 30 seconds or until lightly browned.
- Add peas; cook 2 minutes or until thoroughly heated.
- While peas cook, microwave rice according to package directions.
- Add rice to pea mixture; toss well.

## Nutrition Facts



## Properties

Glycemic Index:38.8, Glycemic Load:13.78, Inflammation Score:-6, Nutrition Score:14.816521753436%

## Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 220.55kcal (11.03%), Fat: 3.13g (4.81%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 38.62g (12.87%), Net Carbohydrates: 30.04g (10.92%), Sugar: 3.85g (4.28%), Cholesterol: 0mg (0%), Sodium: 6.27mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.27g (20.53%), Manganese: 1.24mg (61.93%), Folate: 239.44µg (59.86%), Fiber: 8.58g (34.32%), Phosphorus: 226.17mg (22.62%), Magnesium: 88.23mg (22.06%), Vitamin B1: 0.29mg (19.65%), Iron: 3.26mg (18.1%), Copper: 0.36mg (17.9%), Vitamin K: 16.06µg (15.29%), Zinc: 1.86mg (12.43%), Vitamin B6: 0.22mg (10.9%), Potassium: 380.86mg (10.88%), Vitamin B5: 0.71mg (7.14%), Vitamin B3: 1.42mg (7.11%), Vitamin B2: 0.07mg (4.41%), Vitamin E: 0.64mg (4.24%), Selenium: 2.94µg (4.21%), Calcium: 38.99mg (3.9%), Vitamin C: 1.86mg (2.25%), Vitamin A: 79.18IU (1.58%)